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Girls' 4-H Club

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GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Esther Sietman



Note: A complete survey of the Iowa State Fair, will be given in the next issue.

Keep the Clover Growing

School days are back again for college, high school and grade school 4-H'ers. But the 4-H clover will keep right on growing through the winter months.

Your college sisters are interested in you 4-H girls. Many of us who have enjoyed helping you "make the best better" this summer are back on the campus. We are still anxious to help you! One way is through this page, which is yours and ours together.

Art appreciation, courtesy project plans, a music page, and nature lore suggestions will follow in future issues.

Send us your questions, ideas and plans, 4-H girls.

—Esther Sietman.

My Creed

(By a College 4-H Girl)

"Stained glass windows make the light-like poems of beauty from the sun." I would have life to shine through me like that on the campus, in my classes, in my home and in my community.

I would have my body grow straight and strong and beautiful that I may do well the work that is mine.

I would be courteous, appreciative and wholesome in all my social contacts, for I know that if I am true to myself, I can be false neither in my own community nor in my college life.

I would think alertly on whatever things confront me, remembering all the while that "as a girl thinketh in her heart, so is she."

It Is to Sing

Every Iowa 4-H girl will be glad to know that our own Fannie Buchanan has written a new song for our club folks. "A Song of Health" has all the glowing vitality for which 4-H girls are living in their "quest for health." You may order your copy from the Home Publishing Company of Grinnell, Iowa. The price is twenty-five cents.

"Sing Songs" is the name of a collection which will melt the formal frigidity of your club meetings. Anita Bur-

nam, state club leader of the Kentucky 4-H'ers, is the publisher. You may obtain "Sing Songs" by sending twenty-five cents to Miss Burnam, in care of the University of Kentucky at Lexington.

Because she has helped us find the joy of living, the pleasure of work well done and the glory of all the finer things of life, every Iowa 4-H girl wishes true happiness for Josephine Arnquist Bakke, who will always be "Aunt Jo" to us.

East with Iowa 4-H'ers

"As a garden is common clay until roses are planted in it, so we are common girls until 4-H comes into our lives," said Marjorie Thuirer of Spencer, Iowa, as she talked to a large group of Iowa 4-H girls at the state convention.

Marjorie was dressed in her green and white national camp uniform and looked happily ready for the third national 4-H camp at Washington, D. C., for which she was to leave the following week with Gertrude Koch of Scott County, J. S. Van Wert of Franklin County, Paul Sauerby of Fayette County, and Mrs. Barker of the state office.

Marjorie says of her trip: "We awoke the first morning after we left Chicago to find ourselves among the Blue Ridge Mountains of Virginia.

"As we stepped from the platform of the 'Capitol Limited' we were greeted by the natural beauty of Harper's Ferry, the meeting place of three states and two rivers. There were lovely wooded hill-tops and mountains in the background.

"We boarded busses and rode through the narrow winding streets, past old weather-worn buildings of war-time days, where one could almost imagine the white head of Barbara Frietchie appearing at just such a window and hurling defiance at 'Stonewall Jackson riding ahead.'

"From the Hill-Top House one could better appreciate the grandeur of the Natural Gateway of the Shenandoah Valley. On one side is Maryland Heights, on the other the majestic London Heights and in between these one catches a glimpse of the wide-flowing Potomac and the Shenandoah rivers, each attempting to surpass the beauty of the other as it seemingly bids the onlooker's praise.

"And then a typical southern break-

fast. Negro songs, including 'Old Black Joe,' were sung for us. Then the strains of the 'Heaven Song' carried us back to an Iowa local club meeting, where we had studied the song as one of our state music memory numbers.

"As we again started toward our nation's capitol, our minds were richer, for we had seen and appreciated marvelous untouched and unmarred beauties of nature.

"On the Union Station at Washington, D. C., is a quotation which reminds us that 'He who would carry away the wealth of the Indies must have the wealth of the Indies in his heart.'

"As we sat around the dim, warm glow of the evening campfire, being represented from Maine to Washington, we sang songs and told of our experiences. Somehow the campfire songs filled us with inspiration and appreciation. We closed the campfire by singing 'taps' and with the knowledge that more than the 'wealth of the Indies' has come to the farm boys and girls of America through the 4-H'ers."

At the Iowa State Fair

The Home Economics Division this year had three booths at the State Fair. Textiles, marketing and child care departments of the college were exhibited.

The textile exhibit showed two complete costumes, designed and made by Iowa State co-eds. One of them was of orchid with a small hat designed and made to be worn with the dress. The other costume was of two shades of brown. Several designs of hats, with their embroidery work given in detail, were shown. The tests which every home economics student learns to make on textile samples were also shown.

In the home management booth, types of cookers and lids were shown. The cost of purchasing one pound of several cereals was exhibited, and a number of measuring cups were on display, showing the differences in cups. Some held more and some less than the 16 tablespoonsful given as a standard for measuring cups. A display of grades of peas, peaches and pineapples and sizes of cans and oranges also was made.

The child care department showed types of playthings which are considered

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